

160 is connected to the rod 150. The inner cylinder 130 has a proximal end ~~125~~ 131 and a distal end 135. In one embodiment, the spring 160 is connected to the inner cylinder 130 proximal end ~~125~~ 131. The spring 160 applies a force along the plunger axis 190 that causes the rod 150 to extend.

[0037] Figure 1d is a cut-away drawing of the plunger assembly 100 of Figure 1c in the retracted position. The plunger assembly 100 retracts the rod 150 to enable the installation of an installable device. As depicted, the outer cylinder 120 moves along the plunger axis 190 against the force of the extender module 105, retracting the rod 150. The actuator may move the outer cylinder 120 against the force of the extender module 105, retracting the rod 150 and compressing the spring 160 against the proximal end ~~125~~ 131 of the inner cylinder 130. In one embodiment, the rod 150 is retracted into the inner cylinder 130. With the rod 150 retracted, the installable device is enabled for an installation without obstruction from the rod 150. The plunger assembly 100 extends the rod 150 and enables the retraction of the rod 150.